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**NO INDICTMENT
IN SHOOTING OF
MICHAEL BROWN**

GRAND JURY ISSUES DECISION
ON FERGUSON COP AS CITIES
BRACE FOR PROTESTS **PAGE 7**

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University of Manitoba social work professor Sid Frankel, co-author of a report into Manitoba's child-poverty rates, releases the numbers Monday. SHANE GIBSON/METRO

Plan to erase child poverty a dismal failure

Only gotten worse in 25 years. Report says province must commit anew to serious targets



SHANE GIBSON
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Manitoba still has one of the highest child-poverty rates among all Canadian provinces, despite being part of a national pledge 25 years ago to eradicate the problem.

A Social Planning Council of Winnipeg report released Monday shows 29 per cent of Manitoba children were living in poverty when numbers were collected in 2012, a full 10 per cent higher than the national rate and second only to Nunavut's 33.5 per cent.

University of Manitoba social work professor Sid Frankel, who helped write the report, said cutbacks to both provincial and federal programs and an overall drop in the economy has helped spur on the negative numbers.

"I think we've seen a kind of double whammy," he told reporters.

"The economy has not benefited the middle-class and the poor, and governments benefit the middle-class and the poor less than they once did."

The stats come 25 years after Canadian leaders committed to end child poverty across the country by the year 2000. When that pledge was made in 1989, Manitoba's child-poverty rate was 23 per cent and the national rate sat at 15.8 per cent.

Manitoba has had a child-

First step

"We need to say something is not working here."

Report co-author and University of Manitoba social work professor Sid Frankel

poverty reduction plan in place since 2009, but Frankel said rates have actually increased in the province every year since its inception — even while the national rate dropped by three per cent over the same time period.

"We need to say something is not working here," he said.

"Our thinking is our provincial policy makers need to acknowledge this ... and we think they need to show they're serious by establishing targets and timelines."

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**Birchwood
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Arts group asks for \$500K boost in city's 2015 budget

Election pledge.

Bowman promised \$7 per capita in arts funding within 2 years; currently it sits at \$5



BERNICE PONTANILLA
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After years of what they call "stagnant investment," representatives of the Winnipeg Arts Council approached a city committee hopeful that new Mayor Brian Bowman's campaign promise will be fulfilled.

The council is asking for a \$500,000 increase in funding from the city, bringing the total to just under \$4.6 million.

Carol Phillips, executive director of the Winnipeg Arts Council, said the hike would help build sustainability for the arts and creative industry sectors, which they estimate bring in more than \$1 billion a year to the city's economy

Museum funding

The committee also heard from two members of the city's museums, who came with a request that an unused grant for Dalnavert Museum in the 2014 budget be dispersed to other museums.

- The majority voted in favour of the request, with Coun. Jeff Browaty recorded in opposition.

and employ 26,000 people.

"Winnipeg's funding lags behind inflation, population growth and that of other major Canadian cities," Phillips told members of the protection and community services committee.

"In fact, Winnipeg's investment in the arts has decreased continuously since 2008, with the exception of a \$50,000 allocation in 2012. The amount allocated per city resident will have declined 11 per cent between 2008 and 2014."

Coun. Jason Schreyer said



Carol Phillips of the Winnipeg Arts Council makes her pitch during Monday's protection and community services meeting. BERNICE PONTANILLA/METRO

while he supports the arts council's request, they're coming up to a "painful budget process" for 2015, with Bowman's campaign promises and also his wish to see savings.

During the election, Bowman pledged to set the arts council's budget at \$7 per capita within two years. Currently their budget is at approximately \$5 per capita.

Committee members voted in favour of moving the arts council's report to executive policy committee and sending the \$500,000 request to the 2015 budget process.

Roy Davis Memorial Park to keep its name

Emotional appeals from a friend and the son of a community activist in Elmwood succeeded in keeping Roy Davis Memorial Park intact.

On Monday, councillors on the protection and community services committee voted unanimously in favour of rescinding a motion from September that saw the park

renamed after Winnipeg philanthropist Albert El Tassi.

Kevin Davis, Roy's youngest son, said his late father joined the military during the Second World War and fought in the Korean War. He settled his family in Elmwood in 1963 and was active in the community until his death in 1990.

"My father worked very

hard, very diligently in the community because he wanted to make it a wonderful place for everybody to live," said Davis, adding his family was shocked with the decision in September.

"If former councillor (Thomas) Steen had done his homework and looked in the Manitoba Historical Society

website, it actually says Roy Davis Memorial Park."

A city official said they were "remiss" in not placing an official, two-directional sign at the park bearing Roy Davis's name and added that Steen contacted their office in October indicating he'd like to see the park remain Roy Davis.

BERNICE PONTANILLA/METRO



Kevin Davis BERNICE PONTANILLA/METRO

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'Naked judge' to retire to put end to hearings

A Manitoba judge whose nude photos were posted online by her husband will voluntarily retire from the bench rather than undergo another hearing into whether she should be removed from her position.

A three-person panel investigating Associate Chief Justice Lori Douglas approved a settlement between the judge and the Canadian Judicial Council Monday.

Under the agreement, Douglas will retire in May and hearings into her conduct will be dropped. The judicial council said pursuing the matter after Douglas retires would not be in the public interest.

A hearing into the case was to start Monday, but lawyer Sheila Block told the panel her client reached an agreement with the judicial

Quoted

"To withstand more weeks of hearing into entirely private matters, and risk the viewing of her intimate images by colleagues and others, is more than she can bear."

Sheila Block, lawyer for Associate Chief Justice Lori Douglas

council.

Four years of having her personal life scrutinized has taken its toll on Douglas, Block said.

"Even though she loved being a judge, considered it an honour and privilege to serve, she is at the point where this is the best choice for her, for her son and elderly father, for her late husband's children and the rest of her family," Block said.

Douglas has also asked that the intimate photos of

her taken by her husband be returned to her so they can be destroyed.

The disciplinary panel was examining whether the photos were "inherently contrary to the image and concept of integrity" of the judiciary and whether they undermined public confidence in the justice system.

The panel was also looking into whether Douglas disclosed the existence of the photos before she was appointed to the bench in 2005. **THE CANADIAN PRESS**



Brian Pallister launched a non-confidence motion Monday. SHANE GIBSON/METRO FILE

Opposition makes move to topple NDP

Non-confidence. PC leader Brian Pallister hopes rebellious New Democrats vote with PCs to defeat government he says is dysfunctional

Quoted

"We have a divided government. It is divided and it is ineffectual."

Manitoba Opposition Leader Brian Pallister

Manitoba Opposition Leader Brian Pallister launched an attempt to defeat the province's troubled NDP government in the legislature Monday, but it appears doomed to fail.

Pallister moved a non-confidence motion, which could trigger an election if it is passed by a majority of members.

The NDP has a solid majority in the legislature, with 36

not with the party.

"We're going to support the government. That's what we've said every time, that's what we'll do," Jennifer Howard, a former finance minister, said on behalf of herself and four other senior cabinet ministers who resigned from the inner circle recently after suggesting Selinger consider retiring.

Another NDP rebel, backbencher Clarence Petterson, was less clear. He refused to comment Monday when asked if he will vote with the Opposition.

The lone Liberal in the legislature, Jon Gerrard, said he hadn't made a final decision but believed "an election would be a good way of clearing the air." **THE CANADIAN PRESS**

Rolling away

Portage is going to lose its marbles

The Downtown Winnipeg BIZ announced at its AGM Monday plans to remove the marble sculptures on Portage Avenue next year and concentrate its efforts on its lights on Broadway plan. A call for submission ideas will go out next year.

In the meantime, the marbles themselves will become part of another art installation, but the BIZ plans to gather ideas about what that might be, said Jason Syvixay of the Downtown BIZ.

ELISHA DACEY/METRO

Canadian tour

OneRepublic heading to 'Peg

Pop-rock band OneRepublic announced a 10-city Canadian tour, and Winnipeg is on the bill.

The group, with special guests Lights, will hit MTS Centre on April 27.

Tickets go on sale Saturday at 10 a.m. at Ticketmaster for \$29.50 to \$69.50.

OneRepublic spent most of the year headlining a tour promoting their latest album, Native, which has spawned four massive hits including If I Lose Myself, Feel Again, Counting Stars and Love Runs Out. Their current single is called I Lived. **METRO**

Wallflower

Krall's world tour to stop in town

One of Canada's favourite jazz pianists and vocalists is coming back to Winnipeg.

Diana Krall will headline at the Centennial Concert Hall on May 19 as part of her Wallflower World Tour, promoting her new album, of the same name, which is set to drop in February.

Tickets go on sale Friday at 10 a.m. at Ticketmaster.

"The Wallflower World Tour will feature Krall performing pop classics such as ... Bob Dylan's Wallflower, which inspired the upcoming album's title track, among others," reads a press release. **METRO**

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Premier stands by vow to cut student-loan interest

Education. Details of plan will be revealed in spring budget: Selinger

The Manitoba government says waiving interest on student loans will cost the province about \$1 million a year.

Premier Greg Selinger reiterated his throne speech promise Monday to eliminate interest on student loans in order to make post-secondary education more accessible.

"We think it'll be some-



Premier Greg Selinger
SHANE GIBSON/METRO

thing that allows more students to complete school,"

Selinger told reporters at a press conference held at the University of Winnipeg. "And when they complete school, they get a job faster, and when they get a job faster, they can pay down their loans faster."

A release from the province said the change would mean a student graduating with \$10,000 in loan debt would save around \$1,600 in interest over the lifetime of the loan.

"We're pleased to see the province has reiterated a commitment that shifts the balance toward a more equitable post-secondary

system," said Canadian Federation of Students Manitoba chair Zach Fleisher. "The cost of such a move is minute, but the extent by which it affects students is monumental."

Selinger said details such as when the change will occur, and exactly how much it will cost, will be revealed in the spring budget. When the change does occur, Selinger said it would also apply to existing student loans, meaning current borrowers will also pay no interest.

THE CANADIAN PRESS
WITH FILES FROM SHANE GIBSON



SUV crashes club

Police say no one was seriously injured after an SUV slammed into the front door of Times Change(d) High and Lonesome Club at the corner of Main Street and York Avenue around 9:15 a.m. Monday. A damage estimate was not immediately available. SHANE GIBSON/METRO

Ranking

Study: Birchwood Automotive Group a top employer

Birchwood Automotive Group stands shoulder to shoulder with Canada's best employers, according to a

recent study.

The Winnipeg-based company has been ranked the country's third top employer in a study by Aon Hewitt published by Maclean's magazine.

"Receiving our highest ranking represents a significant milestone for our company, which could only be

achieved through the collective engagement, commitment and dedication of our 1,000 team members," said Birchwood Automotive Group president and CEO Steve Chipman in a release. "Our goal is to provide all team members with the necessary training and development to be success-

ful so we can achieve our collective goals."

Birchwood Automotive Group has also been praised for its Birchwood University Leadership Development course, which is accredited by the University of Winnipeg, and its heavy emphasis on promoting leaders from within. **METRO**

Toxic report expected

Veterans to get more funding

The Harper government's frenzy of funding to support veterans continued Monday, ahead of what's expected to be a toxic report by the auditor general on mental health services for ex-soldiers.

Health Minister Rona Ambrose added to the funds with \$5 million for the Canadian Institute for Military and Veteran Health Research. This will be matched by the True Patriot Love Foundation, and follows a \$200-million, six-year commitment made Sunday in Halifax. **THE CANADIAN PRESS**

CSIS

Spy bill is constitutional, official says

The deputy minister of public safety says a bill that would allow Canada's spy agency to break foreign laws is constitutional.

Francois Guimont said that lawyers had vetted the legislation against the Charter of Rights and Freedoms. The legislation would provide blanket protection for Canadian Security Intelligence Service sources and give the spy agency more latitude to obtain warrants authorizing investigations abroad. **THE CANADIAN PRESS**

Blooper. Tory attempt to embarrass Grits backfires

The latest Conservative sting operation aimed at discrediting a prominent Liberal candidate has instead wound up embarrassing several Tory MPs, including senior cabinet minister Jason Kenney.

The operation involved a young Conservative operative who secretly recorded a conversation with Marlo Raynolds, the Liberal candidate in Banff-Airdrie, and two other men at a public meeting in Canmore, Alta., last week.

The recording purported to show Raynolds criticizing the Tories' recent family tax cut plan, saying it amounts to giving money to people for "arguably nothing," only to see them spend it on TVs, cars and other things that don't benefit the economy. The recording was given to Sun News Network personality Brian Lilley, who denounced Raynolds' purported comments — and, by extension, the Liberal party — on his TV show and in a newspaper column.



Employment Minister Jason Kenney
THE CANADIAN PRESS

Blake Richards, the Tory MP for Banff-Airdrie, and two other Alberta MPs — Chris Warkentin and Kenney, the employment minister — pounced on Lilley's work to denounce Raynolds and the Liberals in the House of Commons.

The problem? The words attributed to Raynolds were actually spoken by another individual, Canmore resident Tam McTavish, who has publicly stepped forward to correct the record. **THE CANADIAN PRESS**

Seniors' home. Coroner's inquest hears 911 calls

The doors of the seniors' home that burned down last January, killing 32 people, were locked from the inside as residents tried desperately to flee the smoke and flames, a coroner's inquest heard Monday.

Several 911 calls the night of the tragedy were played, including some from Irene Plante, co-owner of the Residence du Havre in L'Isle-Verte.

"It's urgent," she said in one made at 12:29 a.m., seven minutes after the central alarm system went off. Asked whether residents had been evacuated, Plante replied: "We can't get out. It's very smoky. We can't

get out. I can't get out of my apartment. You can't see a thing." Plante called back eight minutes later and asked if help was on the way for L'Isle-Verte.

In another call, this one at 12:43 a.m., resident Rosaire Lapointe was repeatedly told to put an article of wet clothing at his door to prevent the smoke from getting in. The man is heard wheezing before the line goes dead. Lapointe survived the tragedy.

Coroner Cyrille Delage held three days of testimony last week and will hear more witnesses Tuesday and Wednesday. **THE CANADIAN PRESS**



Tensions high over pipeline in Burnaby

RCMP are pictured in the background protecting a Kinder Morgan drill on Monday as a sign placed by an anti-pipeline demonstrator is pictured in the foreground in Burnaby, B.C. The proposed \$5-billion expansion would nearly triple the capacity of the pipeline that carries crude oil from near Edmonton to the Vancouver area to be loaded on tankers and shipped overseas. On Sunday, at least a dozen protesters, including an 11-year-old girl, were taken into custody, as demonstrations continued in spite of a court-issued injunction.

JONATHAN HAYWARD/THE CANADIAN PRESS

Hacker attacks on city sites continue

Aerith. Ottawa and Toronto police sites hacked, along with the City of Toronto and City of Laval sites



TREVOR GREENWAY
Metro in Ottawa

A hacker who crashed the city of Ottawa and Ottawa Police websites over the weekend claims to have stolen data from cops and plans to release documents to media in the coming days.

Ottawa police confirmed

there was a denial of service attack on their site, but ensured the public that no data had been compromised, but the hacker, who is known as Aerith, says different.

"We indeed did breach their server. Yes we have a ton of data, and yes it will be released," said the hacker, who claims to be with the loose-knit vigilante group Anonymous, in a news release Monday evening.

"We are the ones whom took out the Supreme Court, Ottawa Police, City of Ottawa, Toronto Police, Laval Police, and more. We will be taking out more in the coming days, and we will not stop."

The hacker says there are

plans to release police "emails, documents and more" and won't stop crashing city websites until police drop 60 swatting charges against a Barhaven teen — a crime they say the teen was framed for.

The hacker also crashed the City of Toronto, Toronto police and the government parliament websites and took down the City of Laval website Monday evening.

"When the charges are dropped (we will stop), until then, we will keep taking them offline," said Aerith in an email exchange with Metro.

"The police have framed an innocent youth, and failed to investigate the crimes and furthermore, they have failed

to provide any shred of solid proof."

Aerith says they have proof the swatting — prank-calling emergency services to send out SWAT teams under false pretenses — was actually done by a man in New Jersey, and plan to release documents that would exonerate the teen in the coming days.

The group first attacked Ottawa.ca Friday, as users were brought to a screen with a dancing banana and a text message targeting Ottawa police officer Joel Demore.

Police remain tight-lipped, but Chief Charles Bordeleau said that although their website is down, operation of the force remains fully functional.

Distributed denial of service

Hacker an 'amateur,' expert says

The hacker responsible for crashing police websites in Toronto and Ottawa is a mere "amateur," says one expert.

A hacker known as Aerith launched a distributed denial of service (DDoS) attack against municipal websites, including the home page of the Toronto Police Service over the weekend.

Such attacks flood servers with traffic making it difficult, or impossible, for

people to access the site. The hacker renewed the offensive Monday, hacking into the City of Ottawa website and taking the Toronto police site offline.

A Toronto police spokesperson acknowledged the attacks Monday, but declined to discuss specifics.

"We were not hacked," Const. David Hopkinson said. "This was a denial of service attack. It's a flooding of our servers. We haven't suffered a breach."

But an online security expert said the hacker is more bark than bite.

"I'd call him an amateur,"

said Michael Calce.

When he was 15, Calce launched a similar attack that targeted both Amazon and eBay. He spent eight months in juvenile detention in Quebec for the crime and has since become an ethical hacker and Internet security consultant.

The tools necessary to launch a DDoS attack are easily obtained. It's even possible to rent a botnet — the network of computers used to bombard a website with traffic — for as little as \$20 a day. Based on what he's seen, that's precisely what he believes Aerith has done.

Even Aerith's most high-profile hack — replacing the City of Ottawa's homepage with an image of a dancing banana — appears to have been achieved with what hackers call "social engineering."

Aerith contacted the company that hosts Ottawa's website and posed as an IT manager with the city. Aerith then asked them to redirect the homepage to a different site.

"If that's the case, then there's no real sign of high-level hacking skill," Calce said.

LUKE SIMCOE/METRO WITH FILES FROM JOE LOFARO AND TREVOR GREENWAY

Blue Cross reaffirms it won't cover couple with million-dollar baby

Saskatchewan.

Family facing more than \$900K in medical bills after an unexpected childbirth in Hawaii

Saskatchewan Blue Cross said in a statement Monday that Jennifer Huculak should seek help from the national independent insurance ombudsman after denying her claim of more than \$900,000 in medical bills.

Huculak said she was six months pregnant when she left for a vacation in Hawaii with the blessing of her doctor and health insurance from Blue Cross. Soon after arriving, her water broke and her premature baby required a two-month stay in an American neonatal intensive care unit.

Huculak said Blue Cross denied her claim, saying a

bladder infection that caused some hemorrhaging at four months constituted a pre-existing condition.

Saskatchewan Blue Cross president Arnie Arnott said Huculak was given "nine specific events" that prevented her claim from being paid and referred the media back to Huculak for further explanation.

He said the challenges facing Huculak's family are "extraordinary and difficult," and the Ombudservice for Life and Health Insurance would provide a third-party review of the Blue Cross decision.

"A review by OLHI is free of charge and Saskatchewan Blue Cross will cover any costs incurred by Ms. Huculak preparing her claim for review by the ombudsman," Arnott said in the statement.

Blue Cross aims to "help families avoid situations like this one," he added.

Huculak didn't immedi-

ately return calls on Monday.

Last week, she said she wasn't given a Blue Cross questionnaire before the trip.

"We were told we were covered. We paid our premium. We obviously still feel that Blue Cross should cover the bill," she said. "It's a very sad position to be in. I wouldn't wish it on anybody."

Huculak said if a doctor told her she had a high-risk pregnancy, she wouldn't have travelled to Hawaii. She said her doctor sent a letter to Blue Cross confirming that Huculak's pregnancy was stable when she went on vacation, but the claim was still denied.

"As of March, Blue Cross pretty much washed their hands of the whole case," she said. "We've just kind of been sitting ducks, not knowing what to do."

The hospital in Hawaii has declined comment.

THE CANADIAN PRESS



Reece Huculak was born in Hawaii after Jennifer Huculak gave birth while on vacation. Huculak says she was six months pregnant and travelled with the blessing of her doctor and health insurance from Blue Cross. JENNIFER HUCULAK/THE CANADIAN PRESS

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Cleveland. Video of boy's shooting 'clear': Police

A Cleveland officer was less than 10 feet away when he fatally shot a 12-year-old boy carrying a pellet gun near a playground, and video of the shooting is clear about what happened, police said Monday.

The boy was confronted Saturday by officers responding to a 911 call about a male who appeared to be pulling a gun in and out of his pants.

The 911 caller said the gun was "probably fake," then added, "I don't know if it's real or not." Deputy Chief Edward Tomba said Monday that he didn't know whether a dispatcher shared that information with responding officers.

The president of the Cleve-

land Police Patrolmen's Association has said the officers weren't told the caller thought the gun might be fake.

Police say Tamir Rice, who died Sunday, had an "airsoft" gun that appeared indistinguishable from a real firearm. Airsoft guns fire spherical plastic pellets and have orange tips to show they aren't real firearms, but police said the one the boy had didn't have the bright safety indicator.

Authorities said the boy was told to raise his hands and was shot when he pulled the pellet gun from his waistband, though he hadn't pointed it at police or made verbal threats.

THE ASSOCIATED PRESS



Demonstrators gather to protest the shooting of Tamir Rice at Cudell Park in Cleveland, Monday. MARK DUNCAN/THE ASSOCIATED PRESS

Officer Wilson not indicted in Michael Brown shooting

Protests across U.S. Rallies planned to coincide with Monday announcement

A grand jury has decided not to indict Ferguson police officer Darren Wilson in the death of Michael Brown, the unarmed, black 18-year-old whose fatal shooting sparked weeks of sometimes-violent protests.

St. Louis County Prosecuting Attorney Bob McCulloch announced the decision Monday evening. A grand jury of nine white and three black members had been meeting weekly since Aug. 20 to consider evidence.

At least nine votes would have been required to indict Wilson.

The U.S. Justice Department is conducting an investigation into possible civil rights violations that

could result in federal charges.

Brown's Aug. 9 death sparked more than a week of unrest that included angry clashes between police and protesters and led Missouri Gov. Jay Nixon to briefly summon the National Guard.

Police departments in several major cities were bracing for large demonstrations as people across the country planned to hold protests to coincide with Monday evening's announcement of the grand jury's decision.

The racially charged case has inflamed tensions and reignited debates over police-community relations in many cities. In Ferguson, the shooting led to nightly protests that sometimes turned violent, with demonstrators throwing Molotov cocktails and police firing smoke canisters, tear gas and rubber bullets.

THE ASSOCIATED PRESS



A protester waves a flag Monday in Ferguson, Mo., more than three months after Michael Brown's death. THE ASSOCIATED PRESS

Afghan bombings kill 2 NATO troops, 6 civilians

Bombings across Afghanistan killed two NATO troops and six civilians Monday, authorities said, as the death toll in the country's deadliest insurgent attack this year rose to at least 50.

The attacks, including Sunday's mass killing by a suicide bomber at a volleyball tournament, come amid a renewed Taliban offensive as foreign troops begin to withdraw from the country.

In a statement, NATO said the troops had been killed by an "enemy attack in eastern Afghanistan." It did not identify the nationalities of dead, as the coalition waits for their home countries to make the announcement.

A spokesman for Kabul's police chief, Hashmat Stanekzai, said the troops were killed when a bomb attached to a bicycle exploded near a foreign military convoy in the eastern part of the capital Monday morning. He said the blast wounded one Afghan civilian.

A total of 63 NATO troops have been killed this year, 46 of them Americans.

Another bomb attached to a motorcycle exploded later Monday in a crowded market in Afghanistan's northern Kunduz province, killing six people and wounding at least five, police spokesman Sarwar Hussaini said.

THE ASSOCIATED PRESS



Bodies of victims killed in Sunday's suicide attack are laid on the ground in the Yahyakhail district of Paktika province east of Kabul, Afghanistan, Monday. THE ASSOCIATED PRESS

Turkey

President Erdogan declares women unequal to men

Turkish President Recep Tayyip Erdogan set off a new controversy on Monday, declaring that women are not equal to men and accusing

feminists of not understanding the special status that Islam attributes to mothers.

Addressing a meeting in Istanbul on women and justice, Erdogan said men and women are created differently, that women cannot be expected to undertake the same work as men, and that mothers enjoy a high position that

only they can reach.

Lawyer and women's rights activist Hulya Gulbahar said Erdogan's comments were in violation of Turkey's constitution, Turkish laws and international conventions on gender equality and didn't help efforts to stem high incidences of violence against women in Turkey.

THE ASSOCIATED PRESS

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Swift's Spotify battle hits note with artists

Striking a chord.

Following pop star Taylor Swift's lead, other musicians are also questioning the music-streaming model

From boardrooms in Japan to songwriters' rooms in Nashville, a debate is brewing in music industry circles about the financial and creative value of streaming music, even as its popularity and impact skyrocket.

Streaming music, predicted by many analysts to become the primary digital means for fans to consume music, has such influence now that Billboard will start tallying streaming numbers into the formula for its Billboard 200 chart. But even as consumers wrap their arms around the technology, many in the music industry question whether streaming music revenues will match up.

At a recent investor meet-

Quoted



"To the fans who went out and bought over a million copies of my last three albums, what you did by going out and investing in music and albums is ... saying you believe in the same thing I believe in: that music is valuable."

Taylor Swift at the American Music Awards on Sunday

ing in Tokyo, Sony Music chief financial officer Kevin Kelleher said a lot of conversation had been happening about streaming services in light of pop star Taylor Swift's recent decision to pull her catalogue off Spotify.

"The key question is: Are the free, ad-supported services taking away from how quickly, and to what extent, we can grow these paid services?" Kelleher asked, according to a report in the Wall Street Journal.

A Spotify representative declined to comment to The Associated Press, but company CEO and co-founder Daniel Ek has addressed some critics on its

website. He notes that the company has paid out \$2 billion US since it started in 2008.

Swift's actions touched a nerve in Nashville, a microcosm of the vast shifts in the musical economy. Country artists Jason Aldean, Brantley Gilbert and Justin Moore followed in Swift's lead to remove or limit music that's available for free to Spotify's 50 million users.

Swift and Aldean have cited concerns about whether the service fairly compensates all the stakeholders who help make the music, a message that resonates among many Nashville artists. **THE ASSOCIATED PRESS**



Fighting car hackers

In this Feb. 9, 2010, file photo, master diagnostic technician Kurt Juergens uses a laptop computer to diagnose and repair the brake system on a 2010 Toyota Prius in the repair shop of a Toyota dealership, in Norwood, Mass. The U.S. military and the auto industry are scrambling to fortify the cyber defences of commercially available cars before criminals and even terrorists penetrate them. In 2010, a pair of hackers manoeuvred their way into the computer systems of a Toyota Prius and a Ford Escape through a port used by mechanics. The hackers showed that they could slam on the brakes at freeway speeds, jerk the steering wheel or even shut down the engine, all from their laptop computers. **THE ASSOCIATED PRESS FILE**

WestJet

Flight attendants reject agreement

WestJet Airlines Ltd. said Monday that its 2,600 flight attendants have voted to reject a tentative agreement reached last month. **THE CANADIAN PRESS**

Market Minute

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(-0.40¢)

Natural gas: \$4.14 US (+\$0.09)
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VOICES

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VOICES

HACKTIVISM CAME TOO SOON

While hacking can be a legitimate form of political protest, guest columnist Molly Sauter argues the recent cyberattack on the Ottawa police website was premature, as due process hasn't been given its due yet in the case of the teen who the hackers say was framed

**MOLLY
SAUTER**

Guest column

Hactivist actions like website defacements and other forms of online civil disobedience are necessary tactics in the toolbox of a modern democracy, and can be a powerful tool for underprivileged populations struggling to get their message heard. But the hacker who recently took down several official Ottawa websites is turning to disruptive tactics ahead of due process.

The hacker or group of hackers calling itself AerithXOR, and using the hashtag #OpSoaringEagle, has stated that it is rallying in support of an Ottawa teen who, it claims, has been falsely indicted for making more than 30 false reports to emergency services across North America, a practice called "swatting."

These so-called pranks involve reporting a fake violent crime to the police in the hopes that they will respond in force.

The danger that someone will be seriously injured or even killed in one of these "pranks" is significant and should be taken seriously.

DDoS actions (distributed denial of service actions) and other hactivist tactics have

Superficial similarities

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops

been tools of online activism since the 1990s, when they were used in the service of causes ranging from the Zapatista struggle to anti-nuclear power protests.

Similar to a blockade or occupation, an activist DDoS action typically involves many individual computers accessing the same server repeatedly in a short period of time, with the goal of crashing the server and rendering it inaccessible.

Though DDoS actions are often disruptive, they are not typically destructive, often causing very little (if any) damage to the target's electronic infrastructure.

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops that claimed to be a reaction to the missteps or inaction of law enforcement, such as the effort by Anonymous to bring to light the names of people involved in the rape of a 16-year-old girl in Steubenville, Ohio.

However, in that and other cases, the machinations of the



Demonstrators wearing V-masks participate in the Occupy Frankfurt movement in this 2011 file photo. DANIEL ROLAND/AFP/GETTY IMAGES

justice system had clearly stalled: In Steubenville, prosecutors had dragged their feet in filing charges against the perpetrators despite the presence of ample and damning evidence.

In the case of this Ottawa

teen, the justice process is just getting started and due process is taking place. If AerithXOR has exonerating evidence, let it bring that to the police or the defence.

A theatrical appeal for public attention of this kind is not

necessary until the traditional channels have been exhausted.

Molly Sauter is a PhD student at McGill University studying disruptive online activism, and is an affiliate researcher at the Berkman Center for Inter-

net and Society at Harvard University and the Center for Civic Media at the MIT Media Lab.

She is the author of *The Coming Swarm: DDoS Actions, Hacktivism, and Civil Disobedience on the Internet*.

Harmless emojis banned while misogynistic apps OK'd



**IRENE
KUAN**
Metro Online

Sexting is nothing new.

People can send lewd messages, images and videos using their smartphones in an instant. Even innocent-looking eggplant and banana emojis can be twisted into something perverted, but a new website called Flirtmoji, which provides a set of "sex" emojis you can cut and paste into a text, is trying to bring a fun side to sexting.

I'm very aware that sex

texts are a controversial topic right now, due to horrific child porn and cyberbullying cases in the news.

But is there a point for Apple and Android to reject Flirtmoji from their app stores, citing its "sexual content," when there were and are apps in the virtual stores that offend and objectify women way more than a cartoon-looking emoji of a butt phone or fornicating bunnies?

Take the app Perfect Girlfriend, where users can control a virtual girlfriend that can be "touched" and will tell

Not cool

iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked ...

the user she wants to f—k them. It's still available in Apple's App Store.

Another offensive app is iLust, where the object of the game is for a guy to stare at a girl's breasts for as long as he can without her noticing.

While the app was short-lived, Apple did not see fit to

cancel this product, which is far more offensive than a cartoon condom-wearing banana.

Even iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked in April.

Given all these examples of sexually explicit, offensive apps that have been available in the notable app stores, should Flirtmoji be censored?

The creators make the argument that we're highly sexual beings, and have been since well before the dawn of the digital age. No matter how we try to look at it, people can use any means, digital or not, to exploit or to be malicious.

The creators of Flirtmoji are hoping their "visual language" will help people communicate sometimes complicated emotions.



These emojis have not been approved by the App Store.
SCREENGRABS

metro

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SCENE

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SCENE 2

DVD review



The F Word

Director. Michael Dowse

Stars. Daniel Radcliffe, Zoe Kazan, Adam Driver

Michael Dowse's *The F Word* (a.k.a. *What If*) understands that "friend" is what you don't want to be called when your heart is going pitter-pat for another. Such is the dilemma facing Daniel Radcliffe's Wallace, a med-school dropout and post-breakup moper languishing in his sister's attic. When he finally tiptoes from his boy cave, he meets the zesty and simpatico Chantry (Zoe Kazan). But she already has a boyfriend, hotshot UN lawyer Ben (Rafe Spall), and they've been living together for five years. What's a lonely dude to do? If he enters into a platonic friendship with this slightly confused gal, he risks a broken heart and/or a black eye. *The F Word* gets into familiar rom-com situations, but they feel different. The movie was filmed in Toronto and boasts a prize-winning screenplay by T.O.'s Elan Mastai. Most important of all, Radcliffe and Kazan connect as actors.

The Expendables 3

Director. Patrick Hughes

Stars. Sylvester Stallone, Jason Statham, Jet Li

A franchise that was once mildly enjoyable for the novelty of bringing together aging but still popular action heroes — guys like Sylvester Stallone, Arnold Schwarzenegger, Dolph Lundgren, Jason Statham, Terry Crews, Randy Couture and Jet Li — has turned into a cattle drive of subprime beef, with more grunts and stares than dialogue. This is what an earthbound *Guardians of the Galaxy* would be like if every character was Groot, the tree guy.

PETER HOWELL



From left, Tchény Karyo, Frances O'Connor and James Nesbitt star in *The Missing*. JULES HEATH/NEW PICTURES LIMITED

Mystery of missing child is a harrowing ride for all

Television. Actress Frances O'Connor insists new series isn't based on Madeleine McCann, despite the similarities

Show time

The *Missing* premieres Wednesday, Nov. 26 at 10 p.m. ET on Super Channel.

NED EHRBAR
Metro in Hollywood

Frances O'Connor had to go to some pretty harrowing emotional places for *The Missing*, in which she plays a British mother grappling with the disappearance of her young son while on vacation in France, with the story split between the 2006 incident and the present-day ramifications. On the bright side, *The Missing* follows the *True Detective* and *Gracepoint* trend — adopted from across the pond, naturally — of providing a complete, closed story in its full run of episodes, so it's only a matter of weeks until the mystery is solved. And the answer even caught O'Connor by surprise.

How much did real-life stories like the Madeleine McCann case play into the

approach to this?

We didn't set out to make a Madeleine McCann-esque thriller or anything. That wasn't our intention. I think that's just one case that's received so much attention, even in America. I'm sure people will make that comparison, but I don't think that was the writers' intention at all. They're really adamant about that. I just think they don't want the McCanns to think, "Oh, they're making a thriller from our experience." But as you go on and the watch the episodes, you realize it's actually quite different.

But certainly it came up at some point.

(Director) Tom (Shankland) said, "There's a book that Kate McCann had written, if you want to read it you might find something insightful in there." I did have a read of it

but, ultimately, I thought it was so specific to her case and her experience, and I felt like my character was so different from that. My character really just loses it when her child goes missing, and I think Kate really kept her act together.

While reading the script, were you convinced you had it figured out?

Yes, I did. I was not right. I was wrong, so wrong. That's part of the fun, though. It is an emotional thriller in a lot of ways, because it is about a kid going missing, so in a lot of ways you're invested. But then, having that thriller aspect as well makes it really exciting. As I was reading it — because I didn't know what happened — I was just like, "Oh God, I hope it's not me." It's such a great page-turner when you're reading the script, and I imagine it will be like that when you're watching it.

Does tapping into the emotions for a character like this leave you drained?

Oh yeah, especially the 2006 stuff. I mean, there was stuff

in the 2014 section that was also really draining, but 2006 was just relentless. Even though the 2006 section only takes place over 11 or 12 days, we shot it for 2-1/2 months, so it's a long time to be in that kind of "my child is missing" thing. Sometimes I'd get on the Eurostar back to London on Friday and just be a mess, like, "Somebody hold me for a minute!"

It hasn't tainted your view of France now, has it?

No, no. Belgium maybe. We actually shot in Belgium. France is so expensive to shoot in, and Belgium has a lot of tax breaks. Plus the countrysides look identical, and they speak French so it was really good for us.

So you're off Belgium now. I will never go there again. (laughs)

Probably not what the tourism board was hoping for.

No, no. There's actually one town where we shot a lot of the (heavier) stuff. I probably wouldn't want to go back there in a hurry.

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metro

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DISH

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Blake Lively and Ryan Reynolds

Um, Ryan, that's no way to sweet-talk your baby

Blake Lively is currently gestating her first official release with husband Ryan Reynolds, and the father-to-be could not be more excited — mostly because he could use a friend, as it turns out. “I’m just excited about having a buddy. We don’t know if it’s a boy or a girl yet, but whatever it is, you have this tether to reality that never goes away,” he tells People magazine. Tether to reality? That never goes away? I mean, that’s a lot of responsibility to put on one kid.

The Word

Katy Perry trumps AMAs with Super Bowl gig



NED EHRBAR
Metro in Hollywood

The NFL has confirmed rumours that Katy Perry will be taking the stage for the next Super Bowl halftime show, taking place Feb. 1 in Glendale, Ariz. Perry got in on the announcement action with a video discussing various ideas for the show in her “testing facility,” including kittens and edible glitter.

After recent years featuring Madonna and Beyoncé, it will be interesting to see what Perry can bring to the ridiculously high-profile gig — and what Illuminati references conspiracy theorists can glean from it.

Still unclear, though? Whether tour director Baz Halpin is risking the ire of Taylor Swift by working with Perry on the show. I’m thinking he maybe didn’t



take Swift’s alleged threat too seriously.

Also, way to go on Perry’s part for managing

to steal plenty of focus during the American Music Awards despite not actually being there.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Cryptic Cosby tweet didn’t come from Lisa Bonet

With the frenzy that’s cropped up around Bill Cosby and the growing number of women accusing him of sexual assault over the years, the Internet is hungry for commentary from anyone who has worked with him. Perhaps overly hungry, as it turns out, because everyone was a little too quick to believe former Cosby Show star Lisa Bonet was tweeting about her old boss.

“According to the karma of past actions, one’s destiny unfolds, even though everyone wants to be so lucky,” a tweet from an account claiming to be Bonet’s read. “Nothing stay in the dark (forever).”

Here’s the thing, though. Bonet isn’t actually on Twitter. “Lisa Bonet has no social



Lisa Bonet ALL PHOTOS: GETTY IMAGES

media of any kind,” her manager tells People magazine. “Any posts made in her name were made by impersonators with unverified accounts. She also has no comment on the ongoing story.”

This also casts serious doubt on the authenticity of the Phyllicia Rashad Tumblr that I follow.

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Jermaine seeks licence to Prince’s money

Michael Jackson’s oldest offspring, Prince Jackson, turns 18 in less than three months, meaning he’ll be free of the court-ordered guardianship that’s been minding his assets — and some more opportunistic-minded folks have taken note. Among them? Uncle Jermaine Jackson, who “has been trying to get a reality show going” featuring the teen but can’t seem to “get it off the ground,” a source tells Radar Online. Prince, for his part, has said he wants to go to college. Smart kid.



Prince Jackson



Waka Flocka Flame

Waka Flocka not just blowing smoke as cough drop pitchman

Love & Hip Hop Atlanta star Waka Flocka Flame has got a new gig: pitching Pine Brothers brand cough drops for, ahem, minor sore throat relief.

Over the strains of soothing piano music and with a cloud of suspicious smoke billowing next to him, the rapper professes that he

“can’t live without my Pine Brothers.”

Honestly, it’s nice to see more companies blatantly going after the stoner market — you should see the Jack in the Box late-night menu ads in California — but doesn’t someone already own the rights to that “because you’re worth it” tag line?

Because I'm happy...

With the sun setting sooner and the cold days of winter around the corner, here are six ways to boost your mood

EMILY LAURENCE
Metro in NYC

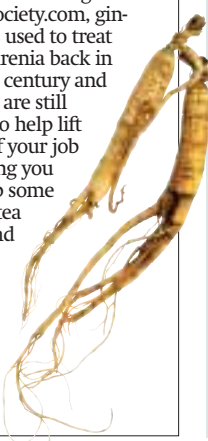
Complex carbs

You are what you eat. If you just got dumped, for example, the instinct is to raid the corner store for mac 'n' cheese and easy-bake brownies. But foods like white bread, pasta and fats cause your blood level to rise and then drastically drop — not a good feeling. If you fill up on veggies, brown rice and whole grain foods, the nutrients will be absorbed more slowly, so you won't get crazy highs and lows.



Ginseng tea

This natural herb releases endorphins in your brain, while the act of sipping tea will add some peace into your life. According to naturalsociety.com, ginseng was used to treat schizophrenia back in the sixth century and naturists are still using it to help lift moods. If your job is stressing you out, keep some ginseng tea handy and you'll feel a little less wound-up.



Is seasonal affective disorder (SAD) setting in? There are ways to combat it. ALL IMAGES ISTOCK

Upbeat songs

If you're listening to Radiohead or some new band with depressing lyrics, stop. A study conducted at the University of Missouri found that if you listen to happy, upbeat music with the intention in mind of making yourself feel happier, it can actually work. The key is the mindset. Those who participated in the study and listened to upbeat music without having a purpose really just felt the same.



Work out with a friend

It's common knowledge that exercising is a great way to get those endorphins pumping, but what many don't know is that the effect is compounded when you work out with a friend or in a group fitness class, according to a study done by the University of Oxford. Researchers found people working as a team were happier after exercising than people working out solo.



Get creative

Whether it's writing, painting or dancing, embracing your creative side has been shown to lift your mood, a study conducted by Boston College found. If you aren't into that sort of thing, try journaling — it produces the same results. One way is to keep a gratitude journal. Every night, list five things you are worried about and five things you are thankful for. In a couple months, you'll be able to flip back and see that some of your worries later land on the thankful side.



Fake it for now

Studies have shown that it's beneficial to have people in your life you can share your problems with, but there's also something to be said for faking it. "We become how we act," says Christopher Peterson, PhD and author of A Primer In Positive Psychology.

Put on clothes that you feel confident in, smile when you don't feel like it, laugh at jokes that aren't that funny, and soon you'll be able to stop faking it because you'll actually be as happy as your acting.



Psychology. Higher the heel, more helpful the man, according to research

A first-of-its kind study investigated the effect of women's shoes on men's behaviour and found that women wearing high heels inspire a man to be more helpful.

"Women's shoe-heel size exerts a powerful effect on men's behaviour," says study author Nicholas Guéguen of the Université de Bretagne-Sud in France.

In the study, Guéguen observed the responses of 90 male participants between the ages of 25 and 50

who had been randomly selected on the street in Brittany, France.

A 19-year-old female participant asked them to complete a survey — once in flat shoes measuring 0.5 cm, once wearing shoes whose heel height measured 5 cm and once again wearing high heels that measured 9 cm. The results indicate that people's responsiveness doubled between the lowest and highest heel heights.

He also tested people's

empathy, observing how approximately 180 men and 180 women responded when four young women of the same height, weight and shoe size dropped a glove on three occasions distinguishable by the height of the heels they wore.

The female participants didn't respond differently according to the heel height of the women who dropped a glove, but men's readiness to help augmented by one third from the flat shoes to the 9 cm shoes. AFP



If you're looking for help from a man, it's better to be wearing heels. ISTOCK

3
TIPS



SHUTTERSTOCK

Go with your gut feeling at Sangster's Health Centres

The key to good health? Follow your gut. And thanks to Sangster's Health Centres proprietary selection of probiotic products, improving your internal health is easier than ever.

"Immunity starts in the gut," says Valerie Dyck, a manager and herbalist with Sangster's, who has more than 20 years of experience in the natural supplement industry. "If you don't have enough good bacteria, you're basically fighting with a weaker immune system."

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conditions, Dyck says. Seasonally, it's good for fighting colds, flus, and infections. But it's also effective at treating a number of other conditions, she says, including IBS, digestive issues, Crohn's disease, colitis, allergies, and ADD and concentration issues.

Dyck says their marquee product is Probiotix 11 — a proprietary blend of 11 probiotics that delivers 10 billion active cells. While other products may contain in the range from two billion to 100 billion, she

says more is not always better.

"This is well tolerated by pretty much anyone. Some people can't tolerate the higher strengths. And our formula also has digestive enzymes, which helps prevent the bacteria from being dissolved by stomach acids."

Dyck says the Sangster's staff will work with you to find the right product, as they have 15 different types and blends of probiotics. For more details, to find a store, or to call a staff member, visit sangsters.com.

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ance of wrinkles and increases moisture.

Argan oil is non-greasy and offers a lightweight moisturizing protection that is great for all skin types, especially acne prone and sensitive skin.

Argan oil moisturizes and protects hair for sleek styling and a healthy shine.

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You have a new partner in the battle against the flu this year, as many Manitoba pharmacists are providing flu vaccinations to the general public.

"We want people to understand that we're here to provide a wide variety of services," says Bobby Currie, a pharmacist and member of the board of the Manitoba Society of Pharmacists.

Not all pharmacists are able to provide flu

vaccinations this year, she says. Pharmacists learn about administering vaccines during their education, and have undergone additional training to ensure their skills are up-to-date to provide safe and comfortable vaccinations.

The vaccines are offered at no cost. It's just another immunization service that some Manitoba pharmacists can provide, including administering travel vaccines, vitamin B-12

shots, and diabetes care, though those may come at a cost.

Patients younger than seven years of age, or those with medical issues that potentially could be impacted by the flu shot, should visit their doctor for the vaccine. But otherwise healthy people are welcome to contact their pharmacist to see if the flu shot is available at their location.

For more information, visit msp.mb.ca.

Workshop will cover the basics of massage

Sign up now for one-day course at Wellington College

Whether you are looking for a new career or a new way to show your loved ones how much you care, registrations are being accepted for Wellington College of Remedial Massage's one-day introduction to massage therapy course on Feb. 21.

And while February seems a long way away, Brie-Ann Timings, Wellington's associate director, says spaces are limited and spots are already being booked.

"It can be for those who would like an introduction to our massage program," she says. "But it's also perfect for as a Valentine's Day activity that couples can do together."

Wellington offers both a two-year massage therapy diploma and a three-year distance program. While participants must have a high school diploma or a GED for the programs, this one-day workshop is open to all.

The workshop will cover: The effects of massage; partial and total contraindications; basic massage techniques, sequence, and pressure; the practical application of massage; and a question-and-answer session.



CONTRIBUTED

The program costs \$99 plus GST and runs Feb. 21 from 9 a.m. to 4 p.m. For more, visit wellingtoncollege.com. For continued education or workshops, call 204-957-2402 or email info@wellingtoncollege.com.

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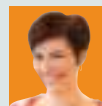
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Freeze with total ease



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Double-duty dinners are lifesavers, but they have to be simple to make ahead and freeze for those last-minute emergency weeknight meals.

Some foods don't freeze well; the secret is really in the water content. As water freezes, it expands, and the crystals poke the cell walls, causing frozen fruits and vegetables to become mushy on thawing.

They are still usable and nutritious but don't have the same texture as you would expect when they are fresh.

Here are some tips for freezing.

- Any time you are making soups, stews or curries, double the batch, fully cook and store in single serving sizes for quick, safe freezing and reheating.

- Do not freeze: lettuce, cooked eggs or cheeses under 35% milk fat (MF). All will suffer texturally.

- Wrap fish cakes or vegetable/bean burger patties tightly in plastic and do not thaw before pan frying. This will minimize the potential for soggy. Use medium-high heat on the stovetop and pop onto a baking sheet making sure there is space between each patty and then into a warm oven to heat through.

- Be sure to reheat any frozen dish thoroughly and only once to avoid food-borne pathogens.

- Pancakes are great frozen with layers of parchment or wax paper and then popped in the toaster, but avoid using fruits like blueberries or bananas that can give off water and drip into the toaster. Think about using pancakes in a savoury way by adding goat's cheese and bacon instead of the sweet stuff.

Anything worth making is worth making twice as much. Or half the time. Or something.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves eight. THERESA ALBERT

PREP TIME
30 MINUTES

Pan-fried Mango Fish Cakes. These bites use your choice of fish fillet and are topped with sweet fruit

THERESA ALBERT
myfriendinfood.com

1. Place mango on the counter to thaw and mix with chutney, set aside.

2. Bring a large pot of water to a boil while you scrub (but not peel) potatoes and chop into quarters. Rinse green onions well under cold running water

and chop, then set aside.

3. When water boils, add potatoes, garlic, salt and bring back to the boil, simmer for 10-15 minutes.

4. Add fish in frozen pieces when potatoes are soft enough to be poked with a knife. Simmer for 5-6 minutes just to cook through. Add chopped green onions for final minute.

5. Mix cornmeal, bread crumbs and curry powder on a plate, ready to roll a crust for the potato patties.

6. When fish is cooked, drain water, and mash fish mixture with a hand masher or with a

hand-held wand until soft, but not smooth. A few lumps add nice texture.

7. Place 3-4 large pieces of foil on the counter and drizzle or spray with oil for freezing.

8. Form medium round patties with a 1/2 cup (a handful) of the potato mixture. Roll in bread crumb mixture, place on foil, spray tops and fold foil over. Either fry in a skillet now or place in freezer up to 3 weeks.

9. To cook: Preheat a large skillet over medium-high heat and drizzle or spray with oil. Add 2-3 patties at a time and let brown on one side before turning carefully. Place onto a baking sheet and into a 375 F oven

to heat through.

10. To serve, top with mango and sprouts.

Ingredients

- 2 cups frozen mango
- 1/2 cup mango chutney
- 6 small Yukon gold potatoes
- 2 green onions
- 4 cloves garlic, minced
- 1 tbsp salt
- 4 fish fillet (about a pound), frozen (sole, tilapia or whitefish)

Coating

- 2 tbsp cornmeal
- 1/2 cup bread crumbs
- 1 tbsp curry powder
- Bean or pea sprouts for garnish

Effortless appetizer impresses

1. Dice the trout fillets into 1/2-inch cubes, set aside.

2. Mix grapefruit and lime

juice with the shallot, chili and sugar; whisk in oil. Pour mixture over trout and allow to marinate for 12 minutes.

3. Add the fresh mint to trout.

4. Shave fennel and apple, and add a squeeze of lemon juice, a

splash of olive oil and chopped dill and season lightly with salt and pepper. Set aside.

5. Combine all ingredients for pesto, set aside.

6. Sear scallops in a hot pan, approx. 30 seconds per side.

7. To serve: Lay apple and fennel on plate topped with trout ceviche. Add seared scallop topped with plum pesto and serve. **LOBLAW EXECUTIVE CHEF MARK RUSSELL FOR THE NEAR YOU PROGRAM**

Ingredients

Fish

- 500 g trout fillets
- 2 tbsp each grapefruit/lime juice
- 1 minced shallot
- 1 diced red chili
- 1 pinch sugar
- 1 tbsp fresh mint

- 60 ml PC black label Extra Virgin Avocado Oil
- 1 bulb fennel
- 1 crisp green apple
- 2 tbsp lemon juice
- 1 tbsp chopped dill
- 10 scallops

Pesto

- 100 g black plums
- 26 g toasted pine nuts
- 2 g capers
- 10 g fresh mint
- 40 ml President's Choice New World EVOO Extra-Virgin Olive Oil



This Ceviche of Trout with Apple and Fennel, Seared Scallops with Black Plum Pesto recipe serves 10 as an appetizer. LOBLAW COMPANIES LTD.

MLB

Sandoval agrees to multi-year deal with Red Sox

Kung Fu Panda is moving to Boston.

Free agent third baseman Pablo Sandoval and the Boston Red Sox have agreed to a multi-year contract, and the switch-hitting slugger informed the San Francisco Giants he's leaving.

"Got the call. He is going to the Red Sox," Giants

assistant general manager Bobby Evans said Monday.

Sandoval, the 2012 World Series

MVP, had pondered an offer from the Giants worth close to \$100 million over five years, a person with knowledge of that proposal said, speaking on condition of anonymity because no deal had been announced by the Red Sox.

Sandoval hit .279 with 16 homers and 73 RBIs in 157 regular-season games for the Giants this past season. He posted a .366 average in the post-season with seven doubles and five RBIs. **THE ASSOCIATED PRESS**

NBA



Pablo Sandoval
GETTY IMAGES

"We got a four-game losing streak, so I stink. I'm not doing my job."

LeBron James, whose Cleveland Cavaliers were 5-7 going into Monday night's game against the Orlando Magic

Jets look to continue success on the road

NHL. Winnipeg plays three away games in four nights, starting in Columbus on Tuesday

For a team that just lost two in a row, the Winnipeg Jets were in a pretty good mood Monday at their last practice before hitting the road this week.

"Sometimes you have to fight to stay positive and that's your biggest challenge," said coach Paul Maurice.

But he says they have reason to focus on the future rather than fret about their losses to the Detroit Red Wings and St. Louis Blues.

"Far bigger chunks of our game are solid than they were even a month ago. The effort in a lot of areas is really good."

It doesn't hurt that the Jets are heading back out on the road, where they have had more success than at home this season.

And it also doesn't hurt that their first two opponents are Columbus and Buffalo, who are tied with Edmonton in the NHL cellar at 14 points apiece.

"These are games that we feel that we should win," agreed forward Jim Slater, who scored his first goal of the season in the Jets' 4-2 loss to the Blues Sunday.

"(But) we're not going to get too ahead of ourselves because the league is very tight every night and any team can beat any team.... But we've been pretty solid on the road this year and we're looking to continue that."

The Jets are 6-4-2 on the road and 4-5-1 at home. At 23



The Jets' T.J. Galiardi, left, battles the Blackhawks' Marian Hossa for the puck on Nov. 2 in Chicago. The Jets won that game 1-0. They are 6-4-2 away from the MTS Centre. **JONATHAN DANIEL/GETTY IMAGES**

Road warriors

"We want to win every game on the road but it starts in Columbus. There's six points up for grabs and we want to try to get all six."

Evander Kane on the Jets' three-game road trip

points they were 16th in the league standings, ninth in the Western Conference and fourth in the Central Division Monday morning, but just a point ahead of the Minnesota Wild, who had a date with the Florida Panthers Monday night.

"You've got to be pretty

close to that top eight (in each conference) to stay in the fight all the way through," says Maurice.

"The day after (American) Thanksgiving, having 15 on the road, 10 at home, we're hoping that's turned out to be a good thing because we've played pretty darn well on the

road."

Winnipeg has a back-to-back Tuesday and Wednesday in Columbus and Buffalo before closing their road trip in Boston Friday.

Defenceman Mark Stuart doesn't like getting drawn into comparisons of their road and home record.

"I don't really like to talk about road and home very much," he says. "They're games against teams that we need points (from). It doesn't matter what building you're playing in. You've got to play well and you've got to get points." **THE CANADIAN PRESS**

Stampeders won't settle for second place



Bo Levi Mitchell and the Stampeders are focused on beating the Tiger-Cats in the Grey Cup. **JEFF MCINTOSH/THE CANADIAN PRESS**

The Calgary Stampeders have had one goal in mind since losing at home to the Saskatchewan Roughriders in the 2013 West Division final.

From the outset of training camp, the Stamps set their sights on winning the Grey Cup. They'll now get that chance when they take on the Hamilton Tiger-Cats in the CFL title game Sunday at BC Place in Vancouver.

"When that game ended, it was a very serious mindset with our guys," said Calgary quarterback Bo Levi Mitchell

Not resting on their laurels

"It's hard to be that happy when you know you've got a lot of work ahead of you to win the big one."

Stampeders QB Bo Levi Mitchell

in regards to the 35-13 loss to the Riders on Nov. 17, 2013. "It's tough when you know you have the talent, you know you have the best team in the

league and you don't finish it."

Following that disappointing setback, the Stamps vowed to do everything they could to put themselves in a position to win their seventh CFL title and first since 2008.

"Honestly, we've had the recipe," said linebacker Keon Raymond. "It's just mixing the ingredients together to be able to get us to the point to where we want to be right now. Our goal from Day 1 in training camp was to make sure that we bring the Cup back to Calgary." **THE CANADIAN PRESS**

4 SPORTS

Women's World Cup

No word on goal-line technology

FIFA has confirmed that goal-line technology will be used at next month's FIFA Club World Cup in Morocco. But there is no word yet on whether it will be part of the 2015 Women's World Cup in Canada.

"At the time of writing, we can't give you any confirmation," a FIFA spokesman said by email in response to a Canadian Press query. "The information will be communicated in due time."

THE CANADIAN PRESS

CFL



"We have to look inward at ourselves and the mistakes we made to find out how we can get better."

Edmonton rookie head coach Chris Jones as the Eskimos cleaned out their lockers and said their goodbyes Monday

Edmonton rookie head coach Chris Jones as the Eskimos cleaned out their lockers and said their goodbyes Monday

Wanted 'a hug'

Fan says Manziel's entourage assaulted him

A Browns fan who says he wanted to give Johnny Manziel "a hug" was struck by the rookie quarterback's entourage at a downtown hotel and was left with a swollen eye and lip, police said.

According to a police report, Chris Conos told police he was assaulted by "Johnny Football and his entourage."

THE ASSOCIATED PRESS

Back at his prime

Williams named NBA East player of the week

Lou Williams said there were times he doubted he'd ever be back to playing at his best. All that doubt has disappeared. The Raptors guard was named NBA Eastern Conference player of the week Monday after helping Toronto to a 3-0 record last week. **THE CANADIAN PRESS**

Hockey legend Pat Quinn remembered as gentle giant

'Big Irishman' Coach, GM and executive succumbs to illness in Vancouver at age 71

On the ice, behind the bench and behind his desk, Pat Quinn was an imposing figure.

"The Big Irishman" is a guy that loves the game so much that when he walks in, you know hockey's in the room," longtime broadcaster and executive John Davidson said.

Quinn died Sunday night in Vancouver after a lengthy illness, the Hockey Hall of Fame and Vancouver Giants said Monday. Quinn, who was co-owner of the NHL's Giants, was 71.

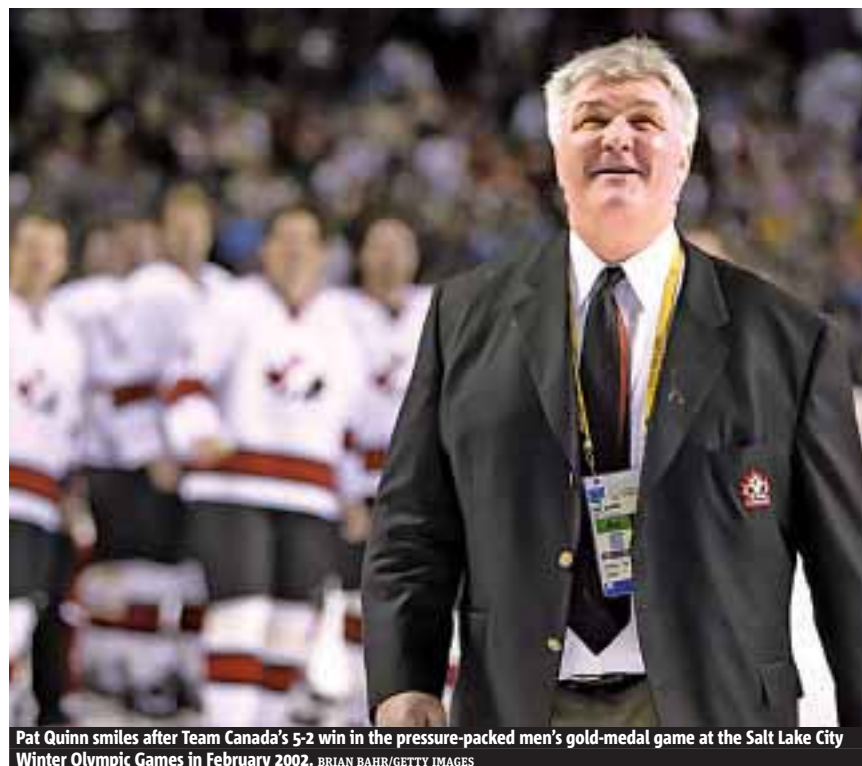
The former NHL defenceman, longtime coach and executive went down fighting as colleagues raved about not only his hockey acumen but about the kind personality behind his gruff exterior.

Quinn led Team Canada to the gold medal at the 2002 Olympics in Salt Lake City, the country's first men's hockey gold medal in 50 years. He also coached the Vancouver Canucks to the 1994 Stanley Cup final, the Canadian world junior team to gold in 2009 and helped the Toronto Maple Leafs to the Eastern Conference final two times.

In 15 full seasons as an NHL coach, Quinn's teams missed the playoffs only three times.

That success came over the span of decades, as a coach and executive.

"He's not unlike a Scotty Bowman in that they're really bright guys," said former Washington Capitals GM George McPhee, who worked under him in Vancouver and made his son Graham's middle name Quinn as a tribute. "They were really intelligent and they could see



Pat Quinn smiles after Team Canada's 5-2 win in the pressure-packed men's gold-medal game at the Salt Lake City Winter Olympic Games in February 2002. BRIAN BAHR/GETTY IMAGES

the trends, they could see the fads, the things that were going to come and go and the things that would stay. Very perceptive and he adjusted and advanced."

Quinn was hailed by those close to him for having a heart to match his six-foot-three, 200-plus-pound frame. Maple Leafs director of hockey and scouting administration Reid Mitchell called Quinn a gentle giant who was a "larger-than-life kind of guy, in stature and even his smile."

Part of that stature was that he was as tough as they come.

"He's a real guy's guy. He's a man's man," Florida Panthers GM Dale Tallon said. "He's just a straight shooter and called it like it is." **THE CANADIAN PRESS**



Pat Quinn during his second season playing with the Maple Leafs in 1969. TORSTAR NEWS SERVICE



Quinn during the spring of 1994 when he coached the Canucks to the Stanley Cup final. GETTY IMAGES

Pat Quinn's big moments

- **Jan. 29, 1943:** John Brian Patrick Quinn is born in Hamilton.
- **1968:** Makes NHL playing debut with the Toronto Maple Leafs. Went on to play with the Canucks and Atlanta Flames before retiring due to ankle injury.
- **1980:** With Quinn as head coach, Flyers amass a record-setting 35-game undefeated streak and reach the Stanley Cup final before losing to the New York Islanders.
- **1987:** Joins the Vancouver Canucks as president and GM. Took on additional role of head coach in 1991.
- **1994:** Coaches the Canucks to the cup final only to be denied by the New York Rangers.
- **1998:** Named head coach of the Leafs. Led club to Eastern Conference finals in 1999 and 2002.
- **2002:** As head coach, Quinn leads Team Canada to an Olympic gold medal in Salt Lake City.
- **2002:** During the 2002 Eastern Conference final, Quinn missed two games with heart problems. At the time, he said he felt "lousy" about watching the Leafs on television.
- **2004:** Quinn coaches Canada to gold in the World Cup.
- **2006:** With Quinn back at the helm, Canada fails to make the podium at the Turin Olympics.
- **2009:** Canada wins gold at the world junior hockey championship with Quinn behind the bench. Canada hasn't won gold since.
- **2009:** Edmonton Oilers hire Quinn as new head coach. He stays for only one season.
- **Nov. 23, 2014:** After a long illness, Quinn dies in Vancouver at the age of 71.

Memories of those Quinn touched



"One of my favourite Pat Quinn moments was him in tears on our bench after winning gold in Salt Lake. He said women inspired the men. #patsbench"

Hayley Wickenheiser, six-time Olympian in women's hockey (on Twitter)

"He was a great man because he cared. He loved his players and people; the fans are connected because of his passion."

Trevor Linden, former Vancouver Canucks captain



"He had a presence in the dressing room that demanded respect and had a way of talking and getting the guys ready for each game that really got the best out of the teams that he coached."

Mats Sundin, former Leafs captain

"RIP Pat Quinn. 1st phone call after winning in 2010 was from him, a beautiful Canadian. I will never forget that. Thoughts are with his family"

Scott Moir, gold-medal-winning figure skater (on Twitter)



AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Are you working harder for ever smaller returns? Or is that an illusion, brought about by your insistence on measuring things in material terms. On a deeper level you are a lot better off.

♉ Taurus

April 21 - May 21

Ideas and insights are coming fast but because Taurus is such a down-to-earth sign you may be reluctant to act on a whim. But you must.

♊ Gemini

May 22 - June 21

If nothing adds up it can only be because you are using the wrong measuring tool. Put your current beliefs aside and everything will be clear.

♋ Cancer

June 22 - July 23

Jupiter, planet of expansion, links with Mars today, urging you to rise above the limits you have imposed on yourself. You will accomplish things you had only dreamed of doing.

♌ Leo

July 24 - Aug. 23

You like to be free to do things spur of the moment and nothing will stop you from following your instincts over the next 24 hours.

♍ Virgo

Aug. 24 - Sept. 23

Don't limit yourself to one particular environment today — get out into the world and see as much as you can.

♎ Libra

Sept. 24 - Oct. 23

Feelings you thought you had outgrown or left behind will make a return over the next two or three days but they are nothing to worry about.

♏ Scorpio

Oct. 24 - Nov. 22

An important relationship will take a turn for the better over the next 24 hours, especially if you openly communicate your feelings.

♐ Sagittarius

Nov. 23 - Dec. 21

Just because you see things differently to most other people does not mean you are out of step — it could mean you are the only one who knows where you are going.

♑ Capricorn

Dec. 22 - Jan. 20

There is a pattern to recent events. If you look carefully you will see it. Forces outside your control have been guiding you in a new direction. Not a bad thing.

♒ Aquarius

Jan. 21 - Feb. 19

Although Mars and Jupiter form a somewhat tense link today it could also be a useful link. It will certainly help you deal with any difficulties quickly and efficiently.

♓ Pisces

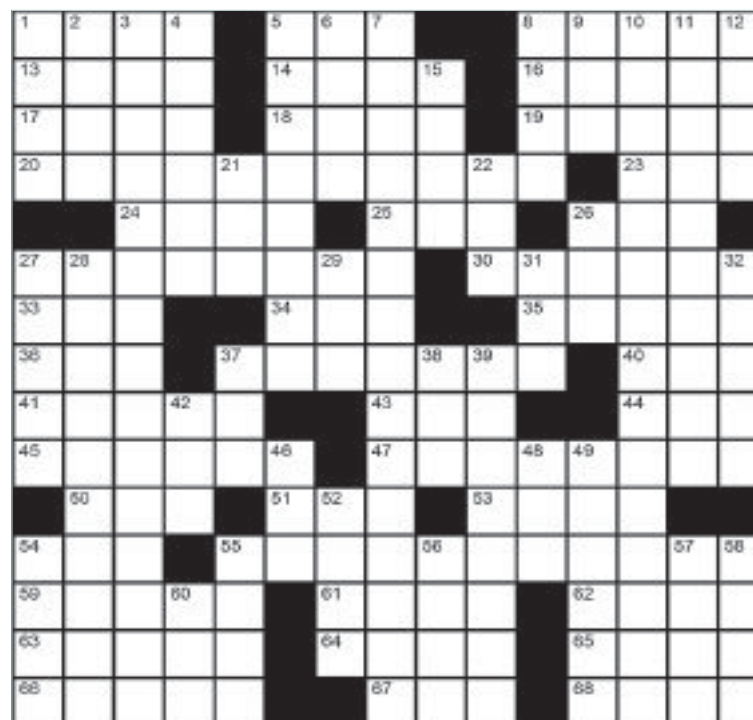
Feb. 20 - March 20

You know exactly what needs to be said or done to restore harmony at home or at work, so get on with it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Tunesmith Paul
5. Lettuce variety
8. Quebec's _____ Peninsula
13. Humorist Mr. Shriner's
14. Harbinger
16. Particular plaudit
17. Organic compound
18. Gracious
19. Red Square's at-rest ruler
20. Steel-_____ (Victorian-style shapewear)
23. Genetic info carrier
24. Beloved
25. Spacecraft riders, briefly
26. New newt
27. Harbour haul
30. Washington state city
33. "Tik _____" by Ke\$ha
34. Shakespearean word
35. Actress Sophia
36. Have payments
37. Gains back
40. Banned pesticide
41. Lyricist Sammy's
43. Train unit
44. "Phooey!", in ye olden days
45. "Buffy the Vampire Slayer" (1992) star Ms. Swanson
47. 1800s warship
50. Org. for Spike Lee, Steven Spielberg, Oliver Stone, etc.



51. Keats specialty
53. "Arriba": Hit for what Canadian dance music singer?
54. Cigarette danglee
55. One of two Neil Young songs that Lynyrd Skynyrd's "Sweet Home Alabama" is a response to: 2 wds.

59. Alicia Keys' "Brand _____"
61. Canucks ...the first letter is a _____, whilst the fifth, being little, isn't
62. Show allegiance
63. Entangle
64. Paving stone
65. Portion
66. "Dancing with

the Stars" alum Ms. Sliwinski

67. Triple letter
68. Li'l bootcamp officers

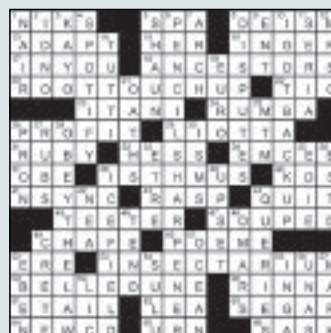
Down

1. Caught in _____ of lies
2. El _____ (Warm ocean current)

3. It leads to Dawson City in the Yukon: 2 wds.
4. Snoozing
5. Sidewalk surface
6. Puccini aria: "_____ Babbino Caro"
7. Illuminati, and others: 2 wds.
8. Canadian composer Mr. MacDermot

9. _____-inspiring
10. Born-in-Scotland Canadian engineer (b.1827 - d.1915) known for Standard Time: 2 wds.
11. Magazines and newspapers: 2 wds.
12. _____ Tumblad, role in "Hairspray" (2007)
15. Chirper's creation
21. Water holder-backer
22. Cornerstone abbr.
26. _____-friendly
27. Warehouse merchandise
28. E.M. Forster book-turned-movie: 2 wds.
29. Ms. Richie, to pals
31. Mr. Gore's
32. Staked, in poker
37. Alphabetic sequence
38. 'Jag' add-on (Posh car)
39. Externalizes
42. Intelligence org. in The States
46. _____-hoo!
48. Neither here _____ there
49. Population count
52. Gives nicknames
54. Newfoundland & Labrador town: L' _____ - au-Loup
55. Ms. Ward
56. Elevs.
57. Mine passage
58. Goalkeepers' guarddees
60. "The A-Team" star, _____

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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